

Zucchini Pancakes & Passion Fruit Banana Smoothie

Makes: 4 Servings

“On the weekend, we make pancakes from scratch in shapes that go along with family celebrations. These have a healthy twist and are delicious,” says Sakari. “At first we were going to use sour cream, but I don’t like that. So we made a cream cheese and yogurt mixture that I love. Bananas and passion fruit grow in our yard, and we make really tasty smoothies with them to go along with the pancakes.”

Ingredients

For the zucchini pancakes:

- 2** medium zucchinis, trimmed and grated salt
- 1/2 cup** fat-free plain Greek-style yogurt
- 3 ounces** cream cheese
- 1** large egg
- 2** egg whites
- 1 clove** garlic, minced
- 1/3 cup** Whole wheat pastry flour
- 1/4 cup** Parmesan
- freshly ground black pepper
- 2 tablespoons** oil

For the passion fruit banana smoothies:

- 8** passion fruits, seeded and flesh removed
- 4** bananas
- 2 cups** fat-free plain Greek-style yogurt
- 2 tablespoons** honey
- 8** ice cubes



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	409	
Total Fat	12 g	18%
Protein	18 g	
Carbohydrates	64 g	21%
Dietary Fiber	10 g	40%
Saturated Fat	7 g	35%
Sodium	324 mg	14%

MyPlate Food Groups

Fruits	1 cup
Vegetables	3/4 cup
Grains	1 ounce
Protein Foods	1/2 ounce

Directions

Make the zucchini pancakes:

1. In a colander, combine the grated zucchini with a pinch of salt and let it sit for 15 minutes to drain any excess liquid. Wrap the zucchini in paper towels and wring out any excess liquid.
2. In a small bowl, stir together the yogurt and cream cheese.
3. In a large bowl, beat the egg, egg whites, and garlic. Fold in the flour and Parmesan, and season with pepper. Add the zucchini and stir just until combined.
4. In a large sauté pan over moderate heat, warm the oil. Spoon 1 heaping tablespoon of batter into the pan and cook until golden brown, 2 to 3 minutes per side. Continue with the rest of the batter, covering the finished pancakes to keep them warm.
5. Serve the pancakes topped with a dollop of the yogurt and cream cheese mixture.

Make the passion fruit banana smoothies:

1. In a blender, combine the passion fruits, bananas, yogurt, honey, and ice cubes, and blend until smooth.

Notes

State: Virgin Islands

Child's Name: Sakari Clendinen, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook